

# CRIS' Refugee Health and Wellness Program

## Purpose

Community Refugee and Immigration Services (CRIS) is a refugee resettlement and social service organization with the mission to help refugees and immigrants reach and sustain self-sufficiency and achieve successful integration into the central Ohio community. CRIS' Health and Wellness Program identifies refugees in need of mental health support and liaises with providers and community partners to connect individuals to culturally appropriate services, reducing isolation and increasing self-sufficiency.

## Impact

To provide mental health screening and referral for newly arriving refugees, who often have significant history of trauma.

To outreach to providers and community partners to bridge gaps related to culture, language, and prior lived experiences.

To provide culturally appropriate alternative wellness activities such as yoga, music, and dance.

## Community Partners Involved

CRIS has operated in Columbus for over 25 years and has working partnerships and ongoing collaborations with many community partners throughout the area.

## To get involved, contact:

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